

Broccoli Soufflé

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	1. White sauce: Melt margarine or butter in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
Enriched all-purpose flour	4 oz	3/4 cup 3 Tbsp	8 oz	1 3/4 cups 2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Lowfat 1% milk, hot		1 qt		2 qt	2. Using a wire whip, slowly add hot milk to flour mixture. Cook until white sauce is thickened and smooth, about 10 minutes.
Egg yolks	6 oz	8 each	12 oz	16 each	3. Beat egg yolks until blended, using a whip. Slowly add egg yolks to white sauce, whisking to blend.
*Fresh broccoli, chopped	2 lb	1 qt 7/8 cup	4 lb	2 qt 1 3/4 cups	4. Cook fresh broccoli: Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 15 minutes. Steam: Place broccoli in steamtable pan (12" x 20" x 2"). Cook in compartment steamer for 10 minutes.

Frozen chopped broccoli	2 lb 15 oz	1 3/4 qt 1 Tbsp	5 lb 14 oz	3 qt 2 1/8 cups	5. Spread broccoli into shallow pans and cool. For 24 servings, use 2 pans. For 48 servings, use 4 pans. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.
*Fresh onions, grated		2 Tbsp		1/4 cup	6. Add cooled broccoli (or thawed drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Enriched soft bread crumbs	4 oz	1 cup	8 oz	2 cups	
Lemon juice		1 Tbsp		2 Tbsp	
Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce.	12 oz	12 each	1 lb 8 oz	24 each	7. Place 3 lb (1 qt 3 ½ cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. 8. Bake until knife inserted in center comes out clean. Conventional oven: 325° F for 30 minutes Convection oven: 350° F for 20 minutes CCP: Heat to 160° F or higher. Allow to cool for 10 minutes. 9. CCP: Hold at 140° F or warmer. Cut each pan 3 x 4 (12 pieces).

Notes
* See Marketing Guide

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Broccoli	2 lb 8 oz	5 lb
Mature onions	1 oz	2 oz

Serving	Yield	Volume
1 piece provides ¼ cup of vegetable.	24 Servings: 5 lb 10 oz	24 Servings: 2 pans
	48 Servings: 11 lb 4 oz	48 Servings: 4 pans

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Nutrients Per Serving					
Calories	149	Saturated Fat	2 g	Iron	1 mg
Protein	6 g	Cholesterol	92 mg	Calcium	84 mg
Carbohydrate	12 g	Vitamin A	1219	Sodium	448 mg
Total Fat	9 g		unknown	Dietary Fiber	2 g
		Vitamin C	25 mg		